

Fried Mozzarella Balls



Prep Time: 30 minutes

Cook Time: 30 minutes

Ingredients:

- 1- 12oz. Container Marinated Fresh Mozzarella Balls
- 1 Large Egg
- ¼ Cup Heavy Cream
- 1 Cup Pork Rinds (crushed)
- ¼ Cup Panko
- ½ Cup Parmesan Cheese (grated)
- ½ tsp. Garlic Powder
- ½ tsp. Onion Powder
- ½ tsp. Oregano
- ½ tsp. Italian Seasoning
- Oil

Directions:

- Heat an inch of oil over high heat. I use a non-stick wok for stove-top deep frying. The high sides reduce splatter and make clean up a cinch.
- In a shallow bowl, combine heavy cream and eggs and fork whisk.
- Mix pork rinds, panko, parmesan cheese, garlic powder, onion powder, oregano and Italian seasoning. Pour mixture on a large plate, in a thin layer.
- Roll each mozzarella ball in breading mixture, dredge in the egg wash, and roll in the breading mixture a second time.
- Once oil is hot and begins to bubble, drop breaded mozzarella balls into the oil. Using tongs, turn them continuously until they are golden brown and crisp. This will happen very fast. It is important to use a high heat to flash fry the breading without melting the cheese.

Nutrition Facts

Amount per serving:

Calories	400
Total Carbs	4 nt. g
Total Fat	32 g
Protein	22 g

Tip: Be sure to check the smoke point for your oil to ensure that it is suitable oil for frying. Albeit an expensive option, on the rare occasion that I fry foods. I use avocado oil. It has a smoke point of over 500' and is among the healthiest of the oils.